

# **ATP III Guidelines**

## **Adherence**

# Interventions to Improve Adherence

## Focus on the patient

- Simplify medication regimens
- Provide explicit patient instruction and use good counseling techniques to teach the patient how to follow the prescribed treatment
- Encourage the use of prompts to help patients remember treatment regimens
- Use systems to reinforce adherence and maintain contact with the patient

# Interventions to Improve Adherence (continued)

## Focus on the patient (continued)

- Encourage the support of family and friends
- Reinforce and reward adherence
- Increase visits for patients unable to achieve treatment goal
- Increase the convenience and access to care
- Involve patients in their care through self-monitoring

# Interventions to Improve Adherence (continued)

## Focus on the Physician and Medical Office

- Teach physicians to implement lipid treatment guidelines
- Use reminders to prompt physicians to attend to lipid management
- Identify a patient advocate in the office to help deliver or prompt care
- Use patients to prompt preventive care
- Develop a standardized treatment plan to structure care
- Use feedback from past performance to foster change in future care
- Remind patients of appointments and follow up missed appointments

# **Interventions to Improve Adherence** (continued)

## **Focus on the Health Delivery System**

- Provide lipid management through a lipid clinic
- Utilize case management by nurses
- Deploy telemedicine
- Utilize the collaborative care of pharmacists
- Execute critical care pathways in hospitals